

## This Weeks Session Information:



## This Weeks Featured Recipe:



### Cinnamon Carrot Crunch

Recipe for qw from Learn, Go, Eat Grow

#### Ingredients: Prep time 15 minutes

- 4 medium carrots, grated
- 2 medium apples, chopped
- 1 celery rib, chopped
- 1 tablespoon of lemon juice
- 3/4 cup of raisins (soak them overnight in 1 cup of water in the refrigerator)
- 3/4 cup of vanilla yogurt
- 1 teaspoon of cinnamon



#### Directions:

1. Wash your hands and clean your cooking area
2. Wash the carrots, apples, and celery
3. With a knife or peeler, peel the carrots
4. Chop the carrots, apples, and celery, and place them in a large mixing bowl
5. Add the lemon juice, raisins, yogurt, and cinnamon to the bowl of carrots, apples, and celery
6. Stir them until they are coated evenly
7. Chill the salad before serving it

#### Kitchen Math and Science Question!

Carrots are a great source of what vitamin?  
Vitamin \_\_\_\_\_

## This Weeks Theme:



## What To Eat!

### This week's Session Recipe:

Water with a Twist and Fruit Cubes!

#### Water with a Twist

##### You will need:

- 8 ounce Mason Jar
- 1/4 cup of fruit sliced or diced
- 3/4 cup of water
- Optional: 2-3 mint leaves, 4-6 slices of cucumber, up to 1/4 cup of ice



#### Directions:

1. Select your ingredients and wash them!
2. Slice, dice, and remove any seeds
3. Add your ingredients to the bottom of your jar
4. Add your water and stir together
5. Add ice if you desire or put in the refrigerator to chill for one hour
6. Enjoy your water with a twist!



#### Fruit Cubes

##### You will need:

- Ice cube tray
- 1 cup of fruit fresh or canned: you can blend the fruit into a puree or add to the tray and fill with water



#### Directions

1. For easy fruit cubes just add your whole fruit to the ice tray and fill with water
2. If you want to puree your fruit, put them in the blender and blend until smooth
3. Pour the puree into the ice tray
4. Put your tray in the freezer until they freeze all the way
5. When they are ready add to water or seltzer and enjoy!

### Read about it!

*Gregory the Terrible Eater* by Mitchell Sharmat

Gregory is not like most goats since he prefers to eat fruits, vegetables, and fish instead of good food like old shoes, tires and bottle caps. Mother Goat and Father Goat take him to Dr. Ram to see how to get him to eat healthy foods. When Gregory discovers he actually does like to eat all the things he's supposed to, he tries to eat everything in their house! Find out how Gregory learns to balance what he likes to eat with eating a healthy amount of it also.



# At Home Fun: Veggie Fun Fact Flashcards

Flashcards are a fun and easy way to remember new things. You may already use flashcards to remember math or vocabulary at school but have you ever thought about making your own to learn about vegetables? Yes, I said vegetables. After this activity, your friends will call you a veggie expert!

## Supplies:

1. 10-12 blank flashcards
2. Colored pencils, markers, or crayons
3. The "Veggie Research Data" pages from your kit

## Directions:

1. Start by reading through the "Veggie Research Data" pages and find some veggies you already know about or love to eat. Choose 5 or 6 of them.
2. Once you have 5 or 6 veggies you already know, you are going to look for veggies from the list you have never heard of until seeing them on the list. Choose 5 or 6 of them.
3. Write the name of one veggie on one side of each flash card. You can draw a picture of that veggie if you want.
4. Look at your "Veggie Research Data" pages and choose a fun fact or something interesting about each of the veggies you chose and write the fun fact or interesting thing on the back of the card. For example, if I chose Corn. I would draw an ear of corn on the front of the flashcard and write a fun fact about corn on the back of that same card.
5. Practice using your flash cards with people who live with you.

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